

Goulash

Our take on the Hungarian classic, goulash. Don't be shy with the paprika this is the key ingredient as well as being full of nutritional value. At only 223.8 kcal per serving, it's healthy, warming and nutritious. Serve with rice, bread or on its own for lunch. With such a wide range of flavours your mouth will thank you for it! **This recipe serves 4**

Nutrition by...



What you'll need:

Deep saucepan with lid, measuring cups/spoons

Ingredients

- 2 cups of white onion, peeled & chopped
- 2 red bell peppers chopped
- 6 Garlic cloves minced or finely chopped
- 3 cups of vegetable stock
- 1tsp salt
- 5tbsp paprika
- $\frac{1}{4}$ cup of dry red wine
- 8 small red/gold potatoes chopped into chunks
- 1 can chopped tomatoes
- $\frac{1}{2}$ tsp ground black pepper
- $\frac{1}{2}$ tsp cayenne pepper
- 1 aubergine sliced and quartered

Method

1. In the large saucepan add the onion, red pepper, 1 cup of the vegetable stock and $\frac{1}{2}$ tsp salt. Cook over a medium heat
2. Once it begins to bubble, cook for eight minutes until the broth is greatly reduced or gone
3. Add the paprika and wine and cook for a further 3 minutes
4. Add the potatoes, aubergine, tomatoes, black pepper, salt and remaining stock
5. Stir well and turn heat to high
6. Once it begins to boil, cover and reduce to med-low
7. Cook for 20 minutes until the potatoes are tender
8. Serve immediately over rice, or as a stew

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Approximate nutritional value per serving

Calories kcal	223.8
Fat grams	1.2675
<i>Of saturates</i>	0.0625
<i>Polyunsaturated</i>	0.2
<i>Monounsaturated</i>	0.025
Carbohydrates grams	44.34
<i>Of fibre grams</i>	12.4125
<i>Of sugars grams</i>	12.055
Protein grams	6.64
Sodium mg	6.56
Calcium mg	25.5
Iron mg	1.0425
Potassium mg	1065.7
Salt mg	0.8
Vitamin A mcg	210
Vitamin C mcg	94.48
B vitamins mg	0.4485
Iodine mg	74
Magnesium mg	23
Folic acid mcg	0.495
B12 mcg	4.95
Zinc mg	13.5